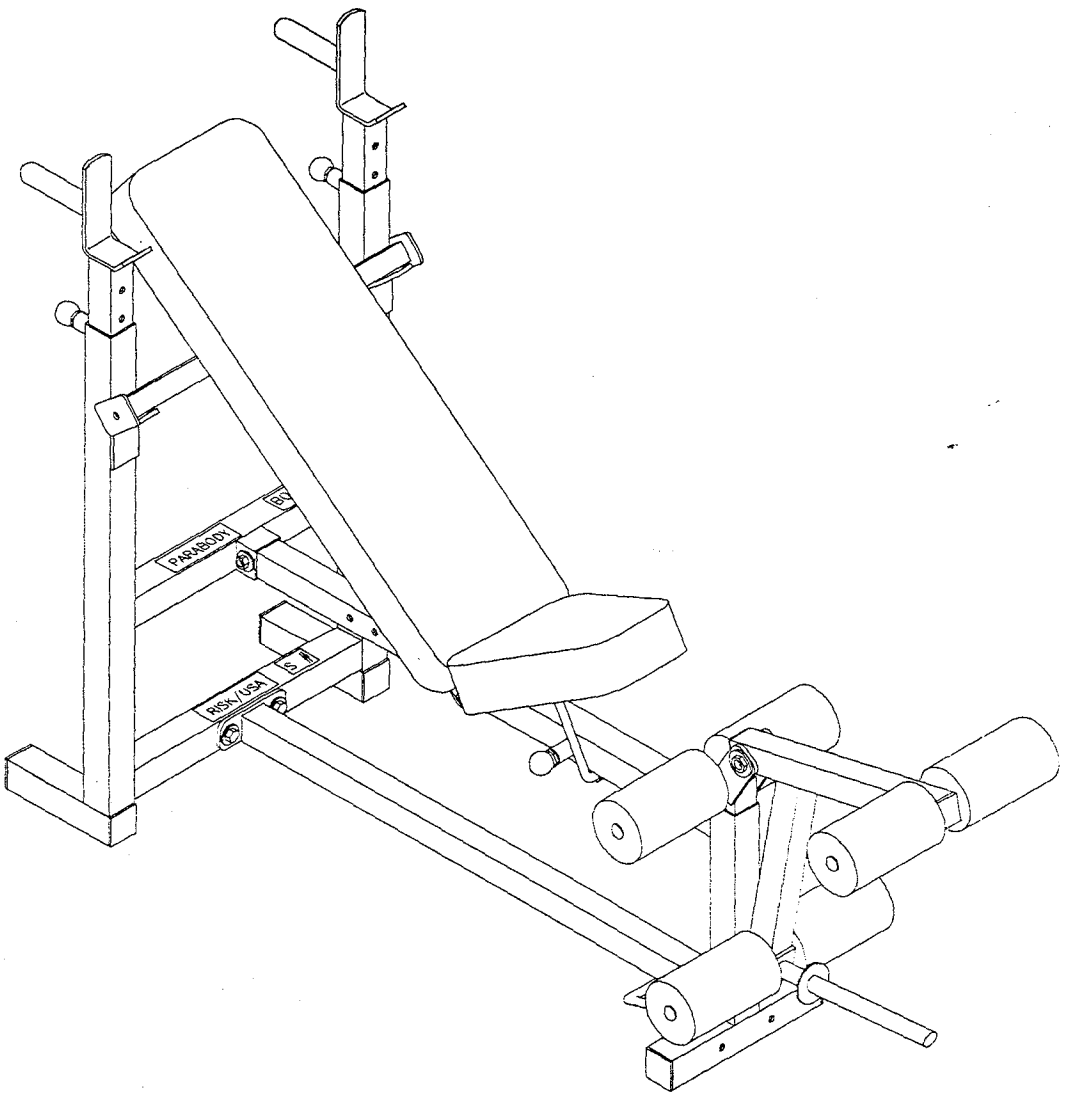
PARABODY

Serious Steel

877102 BODYSMITH NARROW WORKOUT CENTER



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF *Serious Steel!*

Please note:

* Thank you for purchasing the Parabody 877102 BODYSMITH NARROW WORKOUT CENTER. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

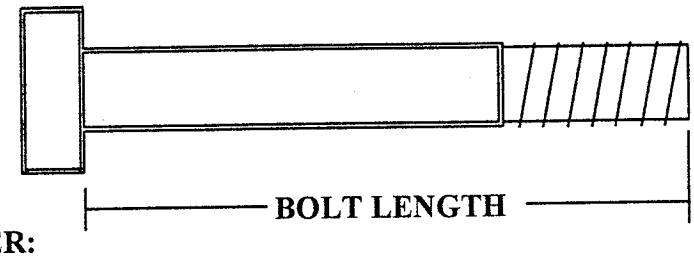
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

Tools Required for Assembly

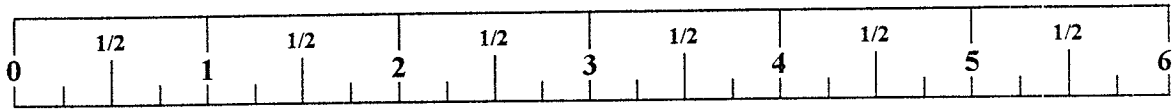
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6407103	UPRIGHT FRAME	1
2	6407503	BENCH FRAME	1
3	6100402	HEIGHT ADJUSTMENT BAR	1
4	6406602	WOLFF SLEEVE	1
5	6407802	BASE LEG	1
6	6407302	SADDLE	2
7	6407202	LEG EXTENSION NECK	1
8	6024702	LEG EXTENSION	1
9	6406401	HINGE TAB	4
10	6406501	U-PIN	2
11	6125101	ROLLER PAD SHAFT	2
12	6194601	ROLLER PAD	6
13	6654502	SEAT PAD	1
14	6654102	BACK PAD	1
15	3102909	3/8 X 1" BOLT	4
16	3102922	3/8 X 2-3/4" BOLT	1
17	3102904	3/8 X 3" BOLT	2
18	3102910	1/2 X 3" BOLT	1
19	3102501	3/8" WASHER	10
20	3102601	3/8" LOCK WASHER	4
21	3102804	3/8" LOCK NUT	3
22	3102502	1/2" WASHER	2
23	6236701	1-3/4" SQ. END CAP	4
24	3102804	1/2" LOW HEIGHT LOCK NUT	1
25	6412001	3/8" SPRING PIN ASSEMBLY	3
26	6020601	1/2" FLANGE BEARING	2
27	3105401	3/4" STARLOCK COLLAR	6
28	3109602	PAL NUT	2
29	6145801	THUMBSCREW	4
30	3103101	1-1/4 X 5" GRIP	2
31	6416601	PARAGLIDE STRIP (8 ct.)	3
32	3104301	3/4" SQ. RUBBER BUMPER	1
33	6405201	2" SQ. END CAP	6

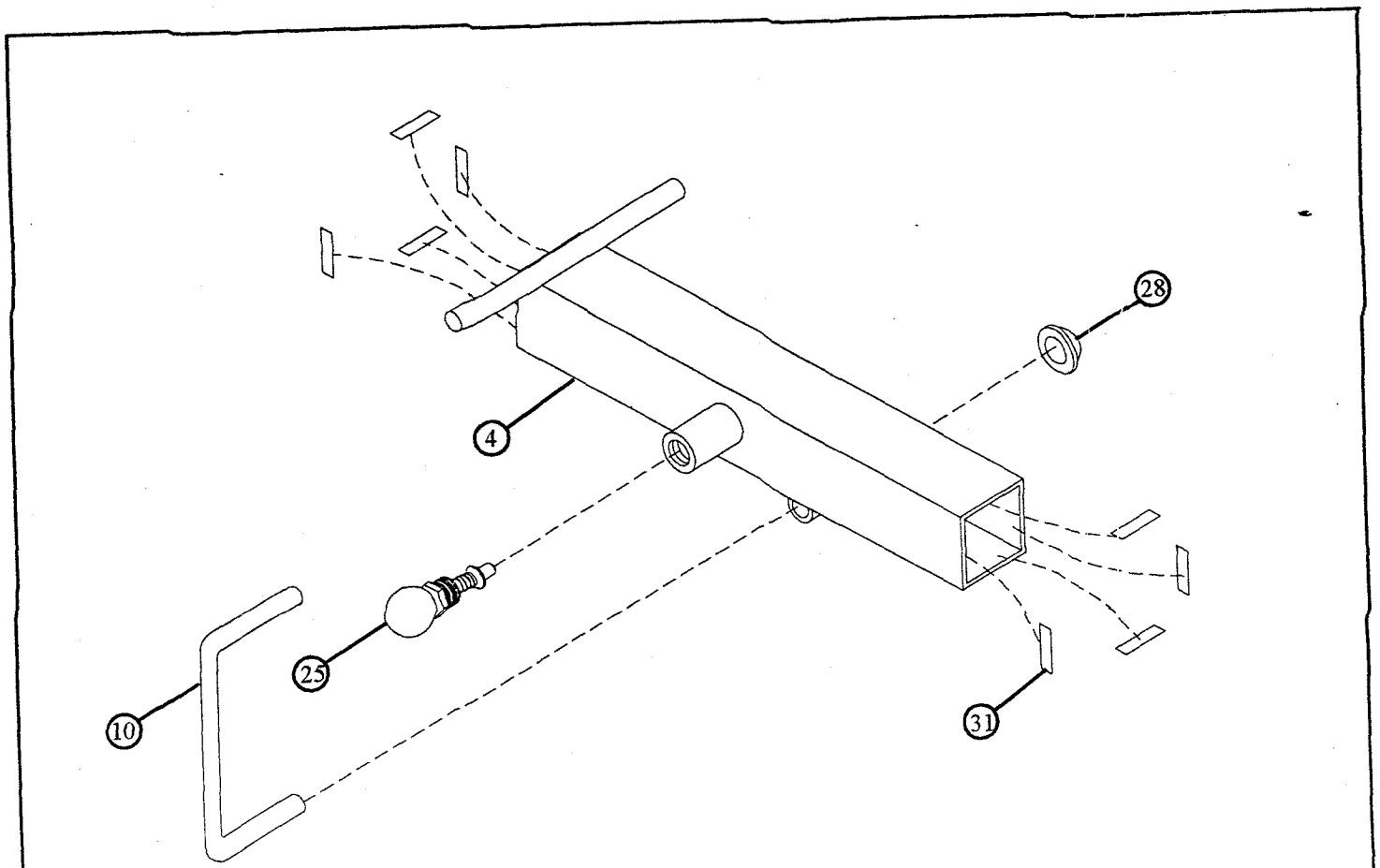
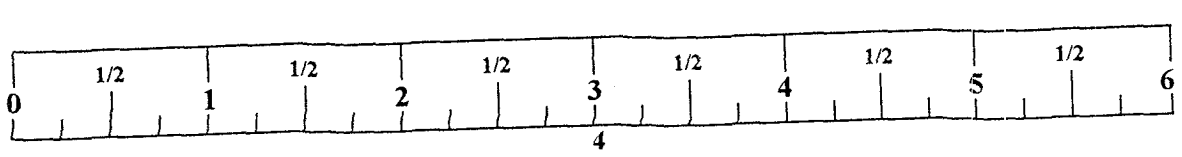


FIGURE 1

STEP 1:

- Attach eight PARAGLIDE STRIPS (31) to the WOLFF SLEEVE (4) (FOUR ON EACH END) as shown in FIGURE 1 using the following steps:
  - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
- Insert one U-PIN (10) through the BUSHING of the WOLFF SLEEVE (4) and attach one PAL NUT (28) to the end of the U-PIN (10) as shown in FIGURE 1.
- **SECURELY** assemble one 3/8" SPRING PIN ASSEMBLY (25) to the SPRING PIN HOUSING on the WOLFF SLEEVE (4) as shown in FIGURE 1. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**



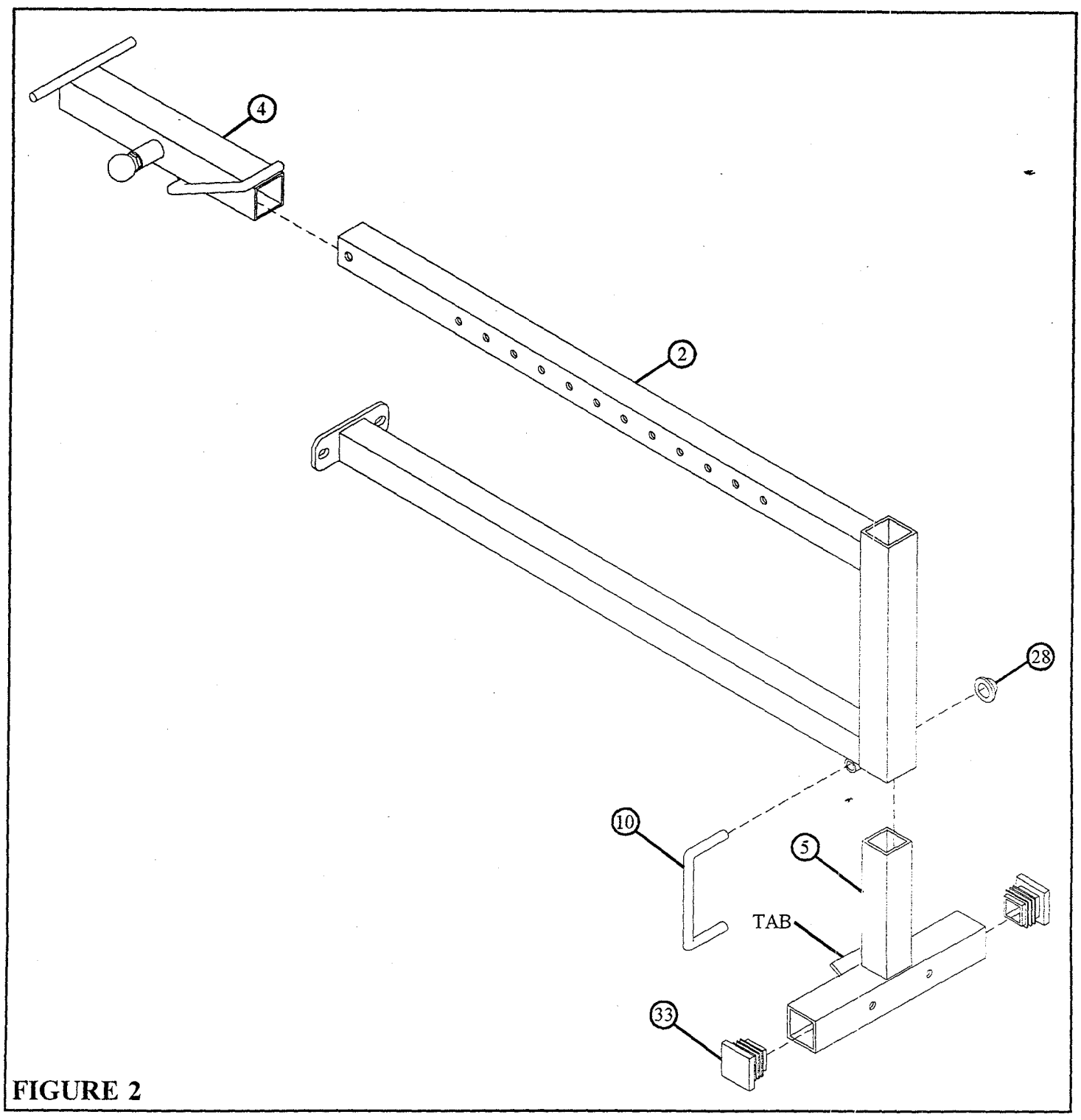


FIGURE 2

STEP 2:

- Pull back the SPRING PIN on the WOLFF SLEEVE (4) and slide it over the end of the BENCH FRAME (2) as shown in FIGURE 2. Engage the SPRING PIN into one of the adjustment holes.
- Insert two 2" SQ. END CAPS (33) into both ends of the BASE LEG (5) as shown in FIGURE 2.
- Insert one U-PIN (10) through the BUSHING on the bottom of BENCH FRAME (2) and attach one PAL NUT (28) to the end of the U-PIN (10) as shown in FIGURE 2.
- Insert the BASE LEG (5) into the front of the BENCH FRAME (2) as shown in FIGURE 2. **(MAKE SURE THAT THE TAB ON THE BASE LEG IS UNDER THE BENCH FRAME)**

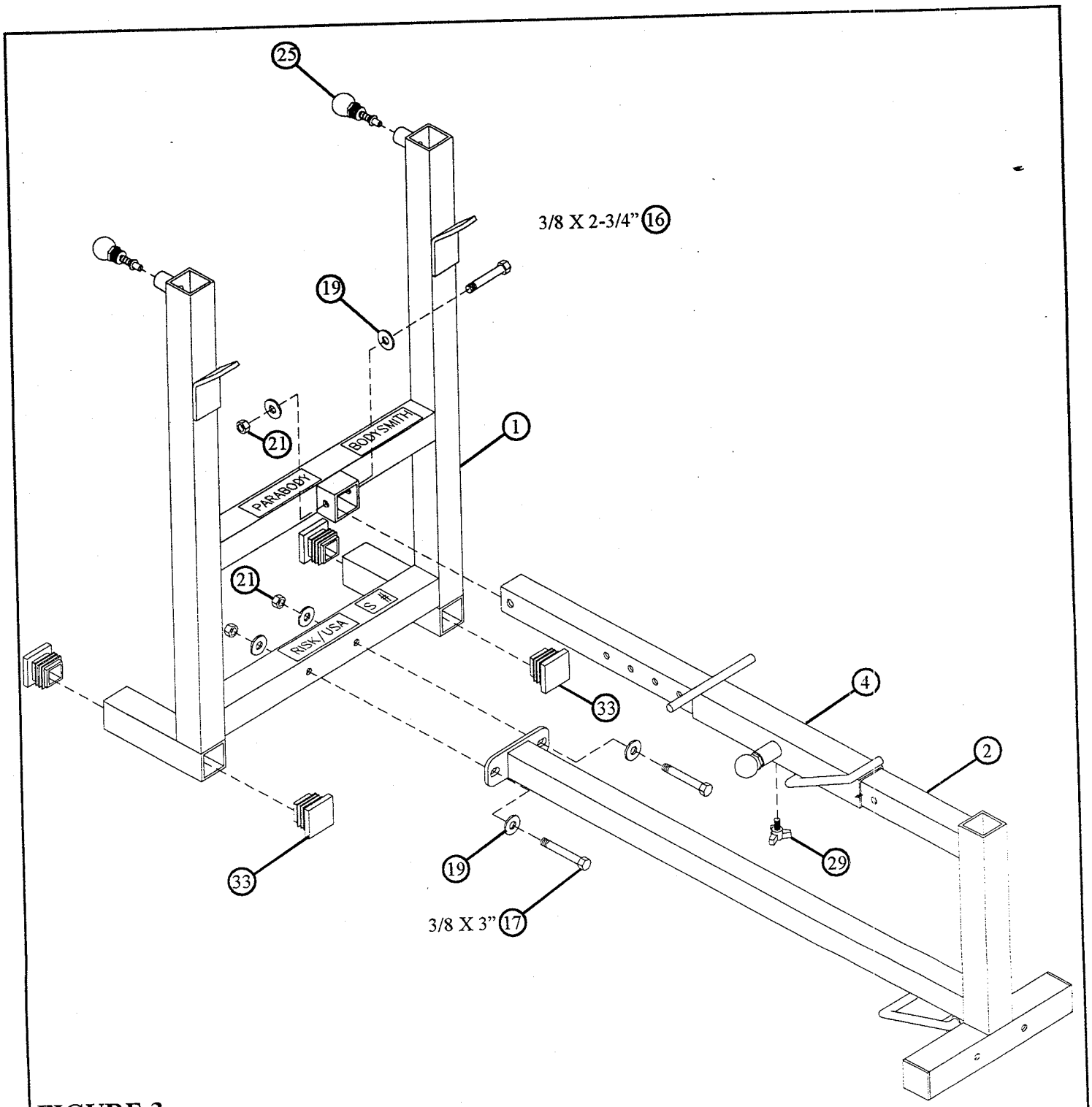
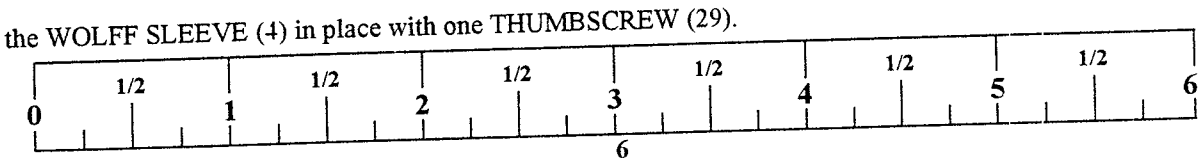


FIGURE 3

STEP 3:

- Insert four 2" SQ. END CAPS (33) into the BASE TUBES of the UPRIGHT FRAME (1) as shown in FIGURE 3.
- **SECURELY** assemble the BENCH FRAME (2) to the UPRIGHT FRAME (1) using two 3/8 X 3" BOLTS (17), one 3/8 X 2-3/4" BOLT (16), six 3/8" WASHERS (19), and three 3/8" LOCK NUTS (21) as shown in FIGURE 3.
- **SECURELY** assemble two 3/8" SPRING PIN ASSEMBLIES (25) to the SPRING PIN HOUSING on the UPRIGHT FRAME (1) as shown in FIGURE 3. **(NOTE: !!!IMPORTANT!!! Tighten the nut of the SPRING PIN ASSEMBLY SECURELY!)**
- Secure the WOLFF SLEEVE (4) in place with one THUMBSCREW (29).



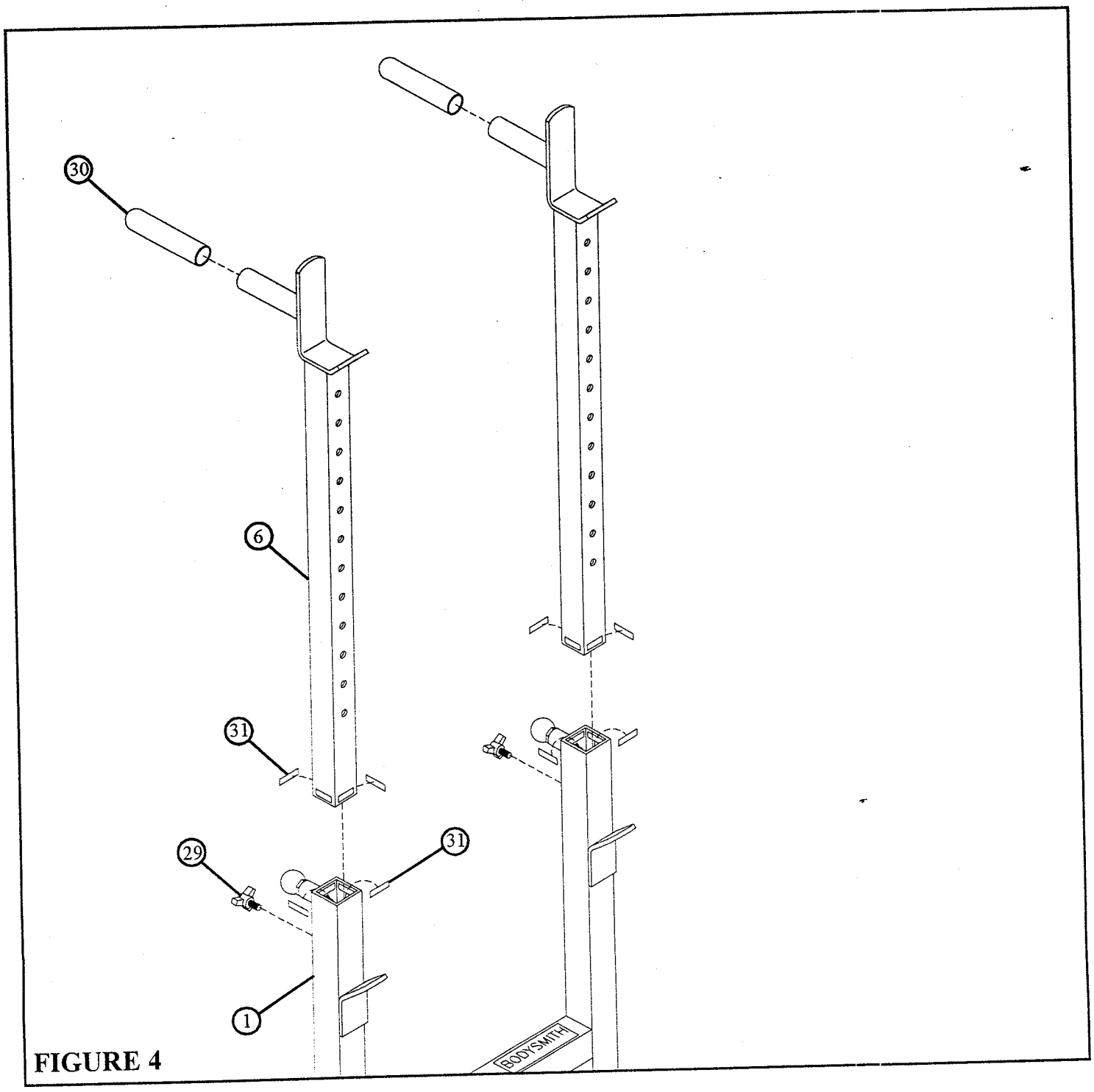


FIGURE 4

STEP 4:

- Attach eight PARAGLIDE STRIPS (31) to both UPRIGHT TUBES on the UPRIGHT FRAME (1) (FOUR ON EACH END) as shown in FIGURE 4 using the following steps:
  - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
- Attach eight PARAGLIDE STRIPS (31) to each SADDLE (6) (FOUR ON EACH END) as shown in FIGURE 4.
- Slide two 1-1/4 X 5" GRIPS (30) over the DIP HANDLES of both SADDLES (6). **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL.)**
- Pull back the SPRING PIN on the UPRIGHT TUBES, and insert the SADDLES (6) as shown in FIGURE 4.. Slide the SADDLE (6) down to the desired height and release the SPRING PIN into the hole.
- Secure the SADDLES (6) in place with two THUMBSCREWS (29) as shown in FIGURE 4. When ready to perform the DIP EXERCISE, simply insert the SADDLES (6) into the UPRIGHT TUBES and tighten the two THUMBSCREWS

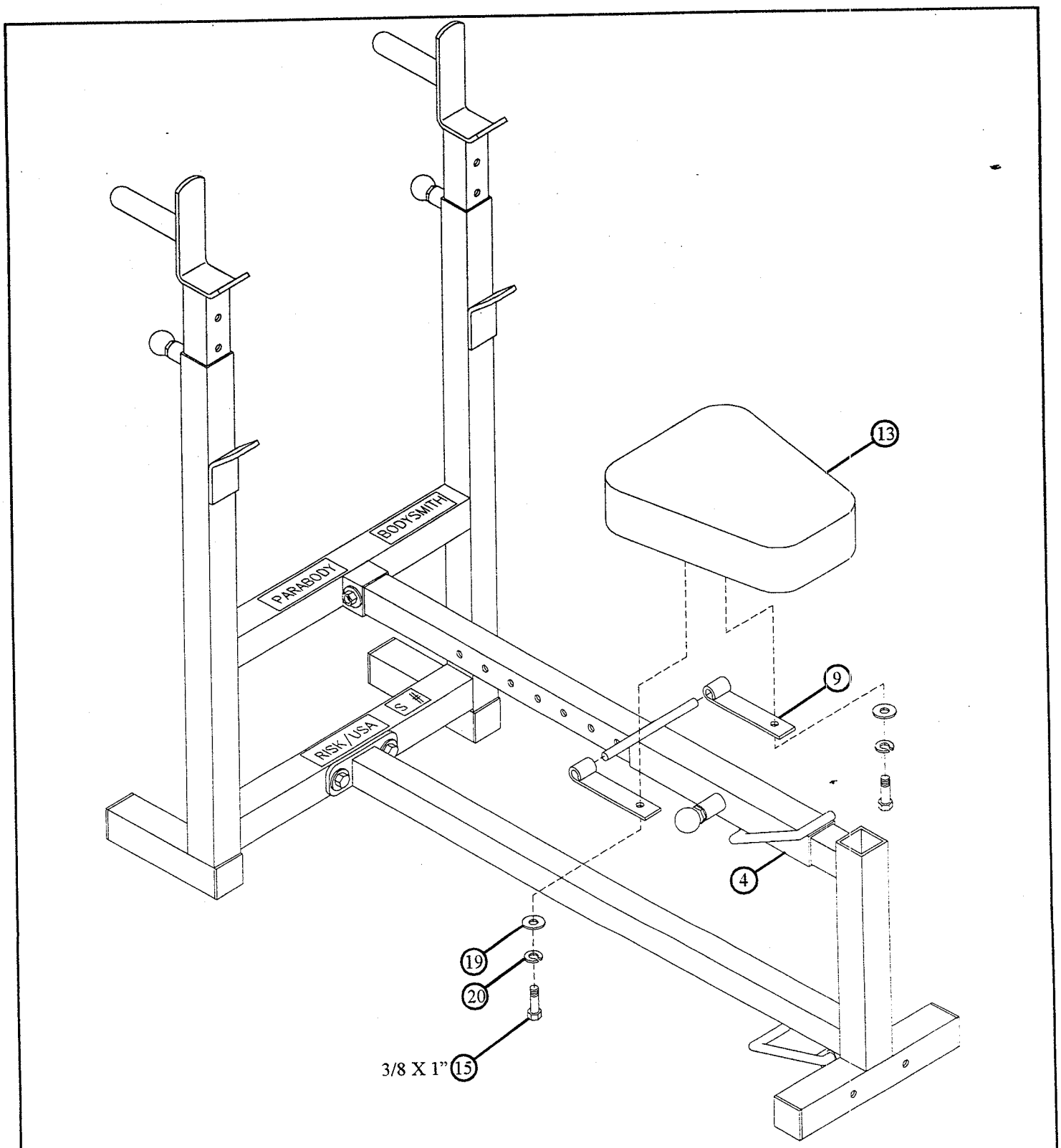
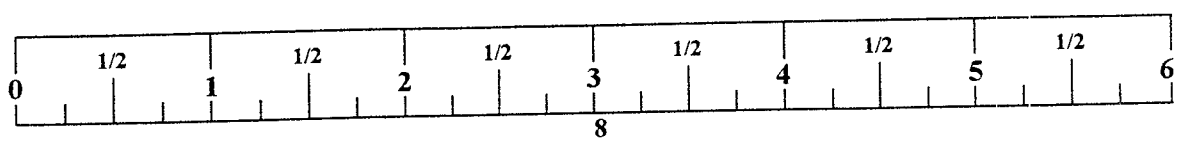


FIGURE 5

STEP 5:

- To assemble the SEAT PAD (13) to the WOLFF SLEEVE (4), start by sliding two HINGE TABS (9) over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown in FIGURE 5, and **SECURELY** assemble each HINGE TAB (9) to the SEAT PAD (13) using two 3/8 X 1" BOLTS (15), two 3/8" LOCK WASHERS (20), and two 3/8" WASHERS (19). **(MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)**



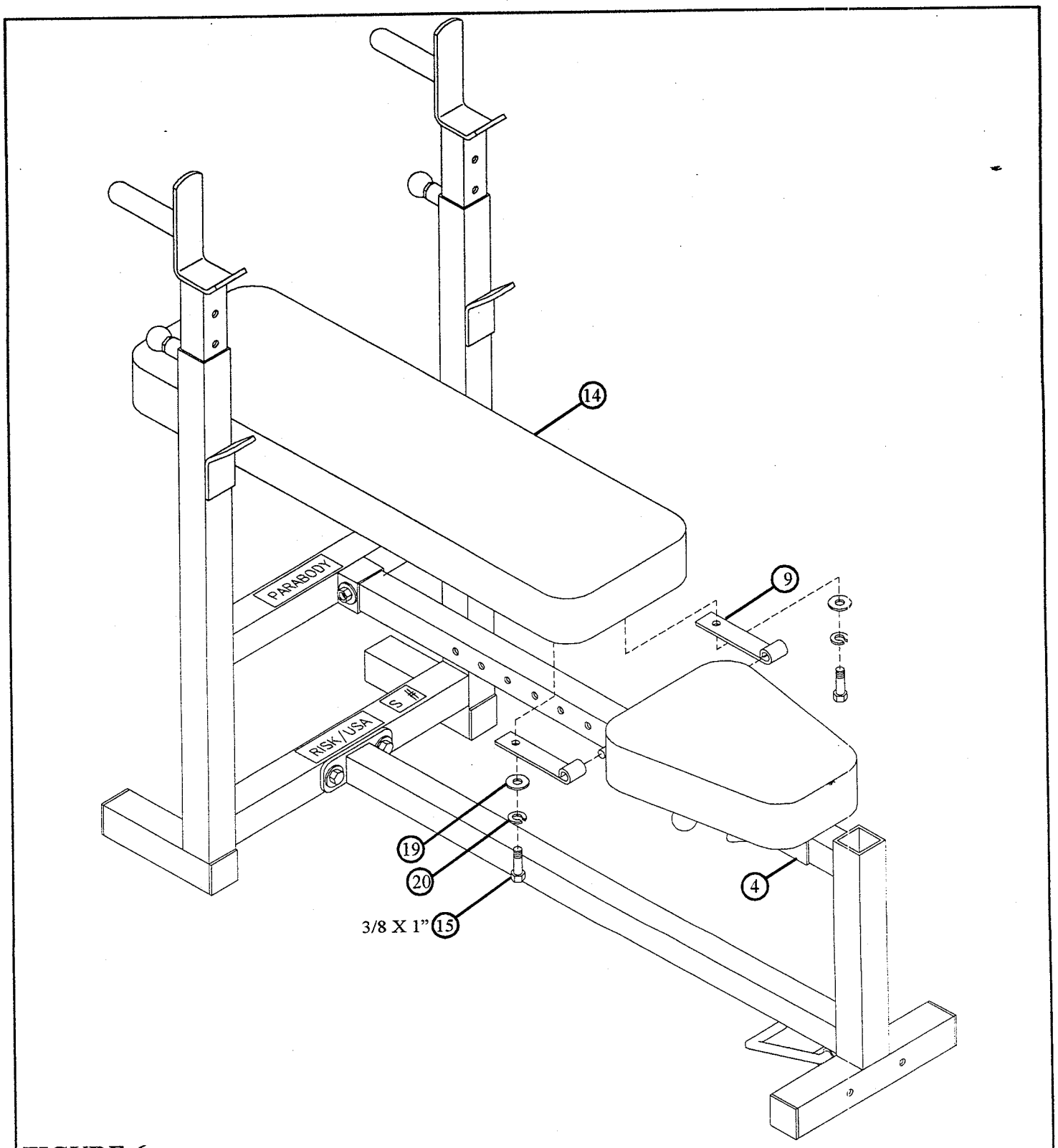


FIGURE 6

STEP 6:

- To assemble the BACK PAD (14) to the WOLFF SLEEVE (4), slide the two remaining HINGE TABS (9) over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown in FIGURE 6, and **SECURELY** assemble each HINGE TAB (9) to the BACK PAD (14) using two 3/8 X 1" BOLTS (15), two 3/8" LOCK WASHERS (20), and two 3/8" WASHERS (19). **(MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)**

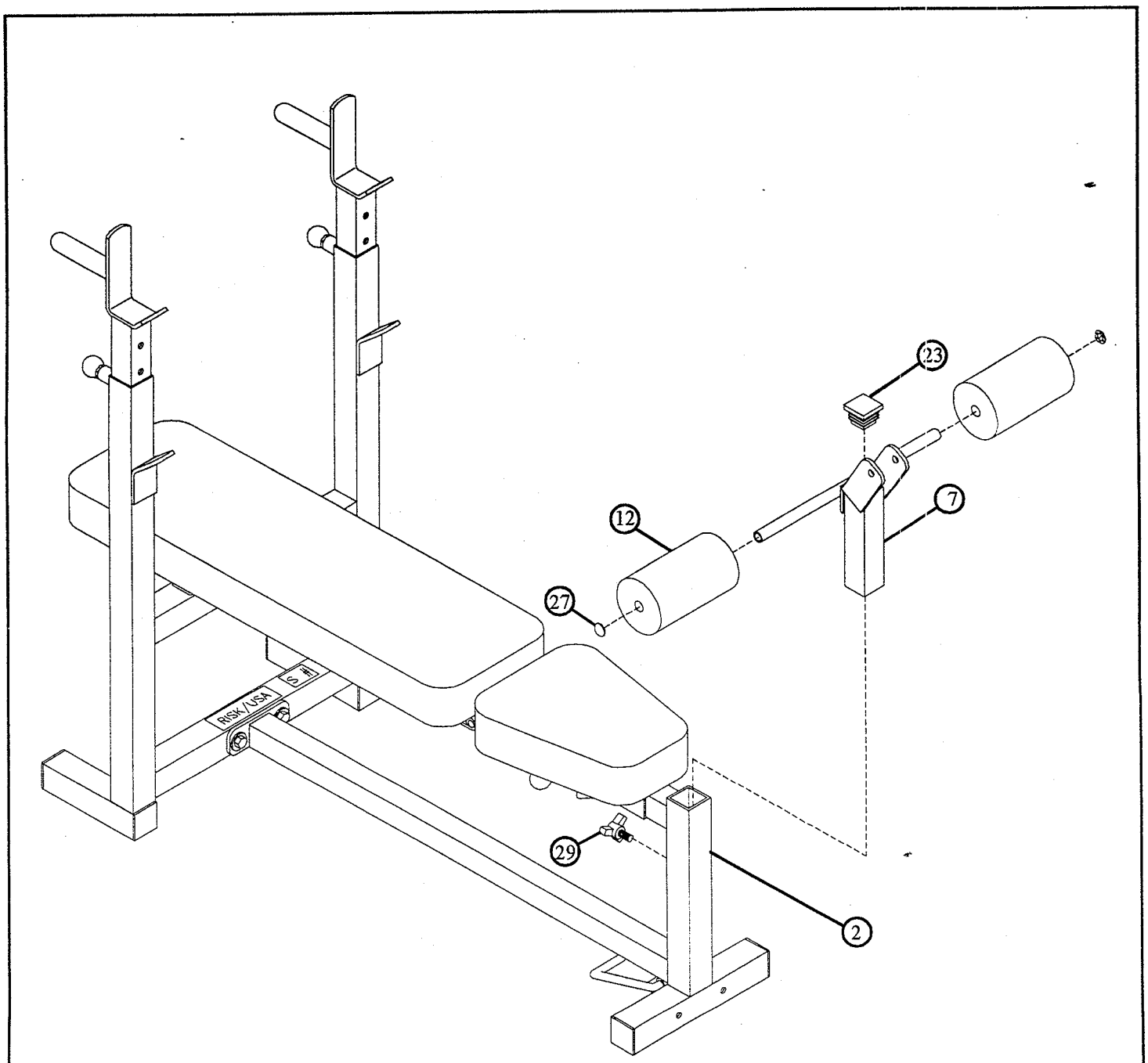
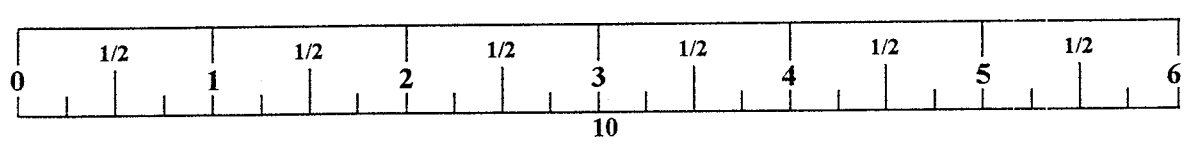


FIGURE 7

STEP 7:

- Insert one 1-3/4" SQ. END CAP (23) into the top of the LEG EXTENSION NECK (7) as shown in FIGURE 7.
- Slide two ROLLER PADS (12) over each end of the SHAFT of the LEG EXTENSION NECK (7), as shown in FIGURE 7, and secure in place using two 3/4" STARLOCK COLLARS (27).
- Insert the LEG EXTENSION NECK (7) into the BENCH FRAME (2) and secure in place using on THUMBSCREW (29) as shown in FIGURE 7.



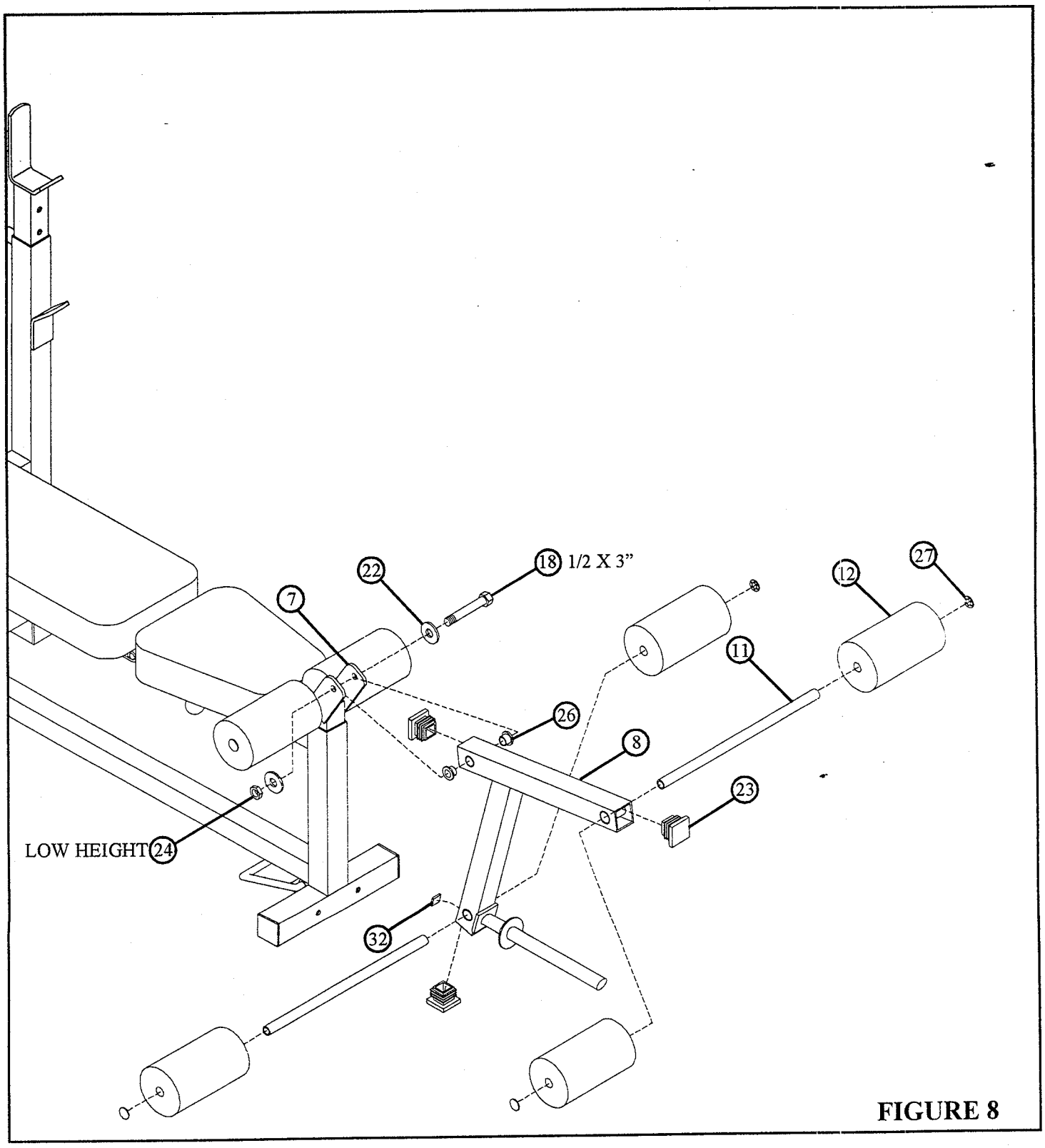


FIGURE 8

STEP 8:

- Insert three 1-3/4" SQ. END CAPS (23) into the ends of the LEG EXTENSION (8) as shown in FIGURE 8.
- Insert two 1/2" FLANGE BEARINGS (26) into the BUSHING on the LEG EXTENSION (8) as shown in FIGURE 8.
- Assemble the LEG EXTENSION (8) to the LEG EXTENSION NECK (7) as shown in FIGURE 8, using one 1/2 X 3" BOLT (18), two 1/2" WASHERS (22), and one 1/2" LOW HEIGHT LOCK NUT (24). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)**
- Assemble four ROLLER PADS (12) to the LEG EXTENSION (8) as shown in FIGURE 8, using two ROLLER PAD SHAFTS (11), and four 3/4" STARLOCK COLLARS (27).
- Attach one 3/4" SQ. RUBBER BUMPER (32) to the LEG EXTENSION (8) approximately where shown in FIGURE 8.

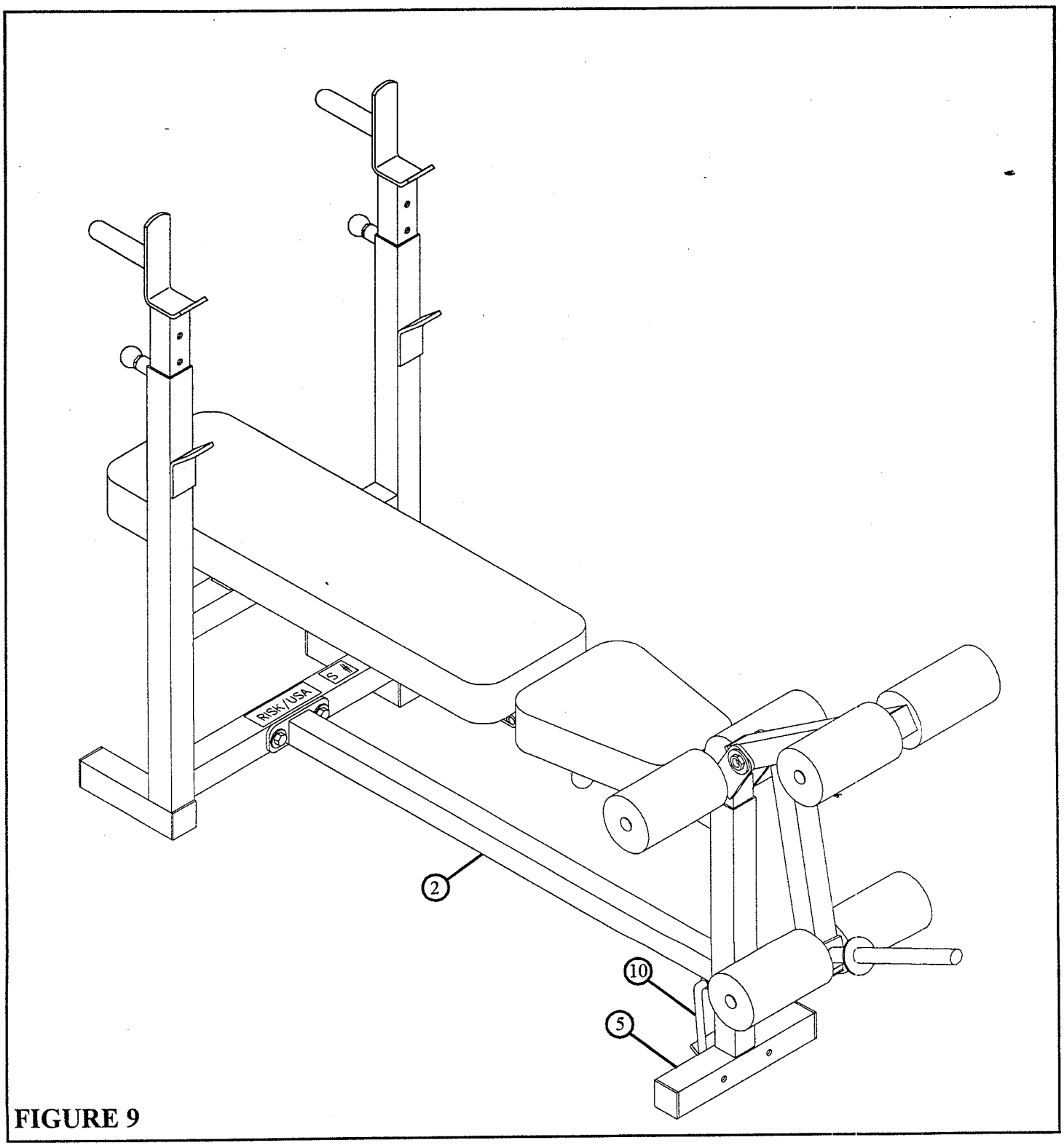
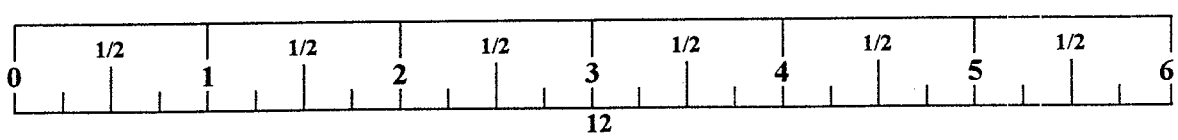


FIGURE 9

STEP 9:

- When ready to perform LEG CURLS or LEG EXTENSION, pull up slowly on the front of the BENCH FRAME (2) and allow the U-PIN (10) to rest on top of the TAB of the BASE LEG (5). **(NOTE: THE BENCH FRAME MUST BE ADJUSTED UP WHEN USING THE LEG EXTENSION TO ALLOW PROPER CLEARANCE FOR WEIGHT PLATES)**



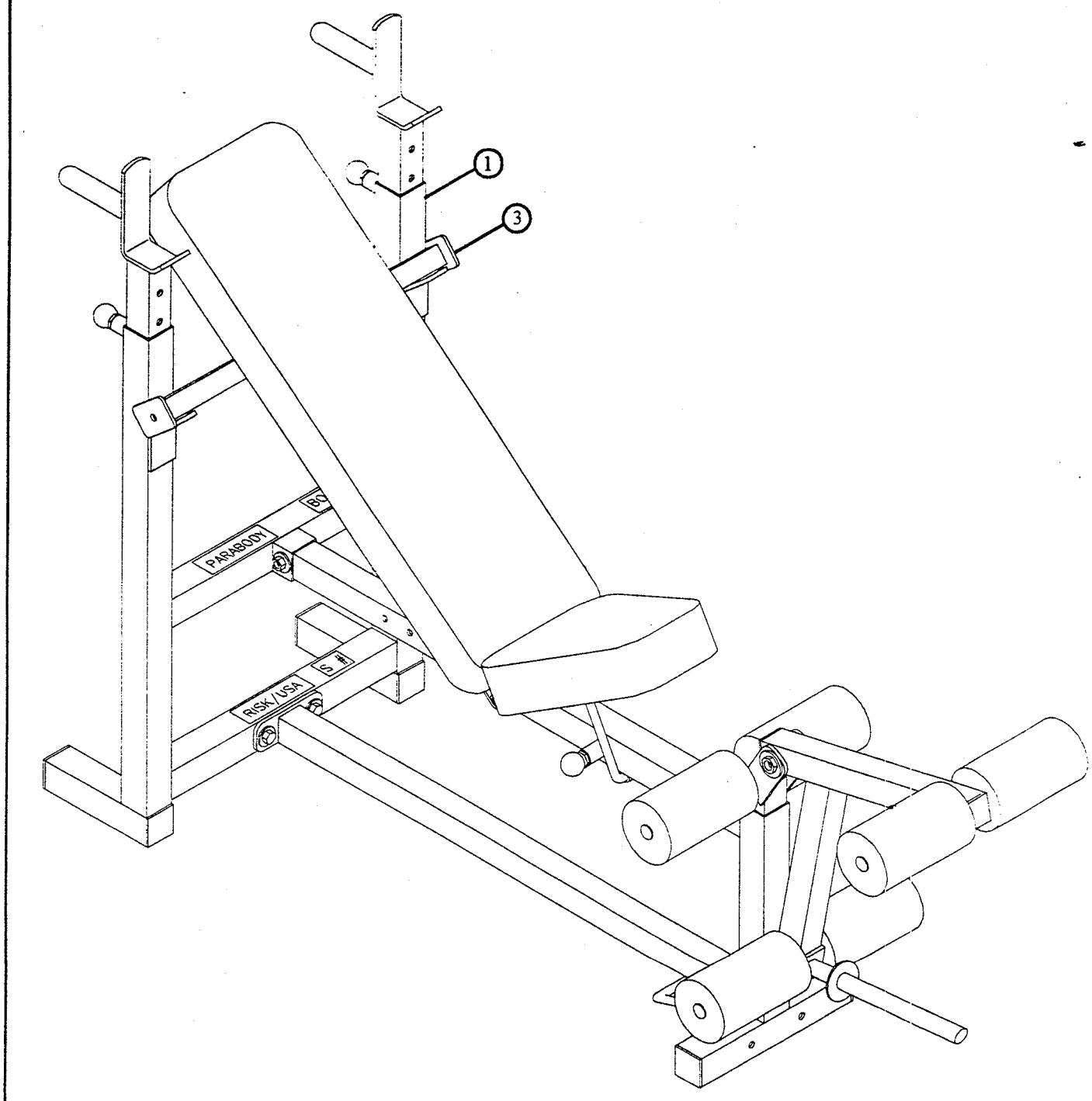


FIGURE 10

STEP 10:

- Set the HEIGHT ADJUSTMENT BAR (3) across the UPRIGHT FRAME (1) as shown in FIGURE 10, for performing INCLINE, or MILITARY PRESSES. When performing DIPS, use the HEIGHT ADJUSTMENT BAR (3) to hold the BACK PAD forward as shown in the WORKOUT MANUAL.

- Follow the WORKOUT MANUAL for the correct way to use this product.

THIS CONCLUDES THE ASSEMBLY OF THE 877102 BODYSMITH NARROW WORKOUT CENTER